

The Pros and Cons of Sessionals

Does Augustana have too many sessional instructors?

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P.6

Holly Yurkoski lends her advice for surviving your final exams.

Exam Season Survival 101

Camrose Winter Shopping Guide



Wednesday, November 26, 2014

the Daglightale

Augustana's Student Newspaper - Since 1985

New uAlberta President



The U of A has named a new president among several other leadership changes.

More P.2

Wellness Week



The annual event returns with more services than ever.

Complete Schedule.

Story P.8

Recruiters in Classes, Caf



Students were annoyed to listen through sales pitches before class.

Story P.4



Coffee House

Chris Audet performs at the Skole of Thought coffee house Friday, Nov. 21. The event, themed around a message of inspiration, raised awareness for the Skole of Thought movement.

Photo: CAMERON KATNOR

Kicked Out of Dorms

No residence over the holidays is a challenge for some students.

By EMILY MCILROY

Augustana shuts down over Christmas break but does not leave students homeless. The university staff are involved in making sure every student has a place to stay over the holidays. Ideally Augustana would offer an on-campus option for housing over Christmas, but with the current infrastructure it is not feasible. In order to have students on campus over the break, there would need to be snow shoveling services active, staff on campus for security, and better cooking facilities. Mark Chytracek, Director of Student and Residence Ser-

vices, envisions a project for a new housing building over the next couple of years. First-year residence is ideal for students to get to know one another. The long hallways with a floor lounge create a great sense of community. The proposed new housing would be another option for more senior students, with a self-contained layout. The building would have around 72 beds, kitchens, living areas, bedrooms and bathrooms. If this building is to be established, it could act as a holiday housing for students who aren't heading home for Christmas.

As it currently stands, there are a variety of options for students who are in need of a place to stay. Due to the small size of the university and city of Camrose, it is not hard for staff to find families who are willing to invite students to stay for the duration of the break. Staying with a local family offers an opportunity for students who have not previously experienced Canadian Christmas traditions to observe the culture surrounding the holiday.

Another possibility is for students to occupy homes of off-campus students

CONTINUED ON P.3

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FROM THE EDITOR

Administration Changes are an Opportunity



CAM RAYNOR
EDITOR

Recently, several major changes in leadership have been announced at the University of Alberta.

The biggest announcement is the appointment of David H. Turpin to replace Indira Samarakera as president of the U of A. Turpin, who officially starts July 1, was previously the president of the University of Victoria (UVic). As President of UVic, Turpin oversaw several impressive accomplishments: enrollment increased such that 9 new residences had to be built, UVic attracted the highest percentage of out-of-province students of any university west of Montreal, a set of programs for aboriginal students lead to a tenfold increase in aboriginal students enrolled, and financial assistance for students more than doubled.

Around the same time, Dr. Carl Amrhein, Provost and Vice-President Academic, resigned to take a position as Official Administrator of Alberta Health Services. Because of government policy, the announcement could not be made in advance, and Amrhein assumed his new position on Nov. 17.

"accomplishments of the incoming president align well with the goals of Augustana"

On top of this, three new deans will begin their terms this year, filling three recently vacated freed positions: Dr. Fern Smart, the current Dean of Education, will be leaving at the end of his term this June; Dr. David Lynch has announced that he will step down as Dean of the Faculty of Engineering, ending his term effective June 30, 2015;

and Dr. Doug Miller, Dean of Medicine & Dentistry, resigned Nov 18 and will take a new position in New York, effective Jan 31.

Each of these positions has a significant role in the leadership of the university. With so many new leaders bringing their own ideas and priorities, the next few years will likely see very different priorities for the University. Each change is an opportunity and a risk for the university, but a fresh perspective is often a good thing.

Interestingly, many of the past accomplishments of the incoming president align well with the goals of Augustana campus administration. Growing enrollment, developing new infrastructure, and increasing enrollment and programming for aboriginal students are all goals for Augustana campus. The changes to U of A leadership could be an opportunity Augustana to grow; for now, we'll have to wait and see.

Black Friday and the Disease of Consumerism

KATELYN GAE - EDITOR

So, it's that time of year again. This Friday is Black Friday, when everyone forgets that the last holiday we had was centered around thankfulness for what we do have, and suddenly consumerism is far more important than anything else.

I've always thought it was ironic that Black Friday happens right after American Thanksgiving. (Yes, folks, the day after.) To get a better understanding of how on earth this was ever considered a good idea, I perused the history of Black Friday, courtesy of blackfriday.com.

The site says "the term 'Black Friday' was coined in the 1960s to mark the kickoff to the Christmas shopping season. 'Black' refers to stores moving from the 'red' to the 'black' back when accounting records were kept by hand, and red ink indicated a loss, and black a profit." Apparently it was the Macy's Thanksgiving Day Parade in 1924, which happened the Friday after Thanksgiving, that that Friday has become the unofficial start to Christmas shopping."

Well, that's a relief. This event isn't attached to Thanksgiving - it's in the spirit of Christmas! The reason for the season is getting new stuff, right? Whether or not you participate in Christmas re-

ligiously, I think there are some inherent issues with the message that's being sent. Recently I was sitting in one of my English classes, and we were discussing how modern culture is reflected in literature and arts. Zombie movies were brought up, and the professor posed the question: is that not a direct reflection of our consumer culture? It's easy for people to stop thinking for themselves and mindlessly chase after material goods. Has our society become one of numb, mindless people chasing after what they think they need?

Now, don't get me wrong. The Canadian Black Friday is pretty tame compared to what happens in America. If you're interested, there's a website that keeps track of injuries and deaths that result from Black Friday in the States (blackfridaydeathcount.com).

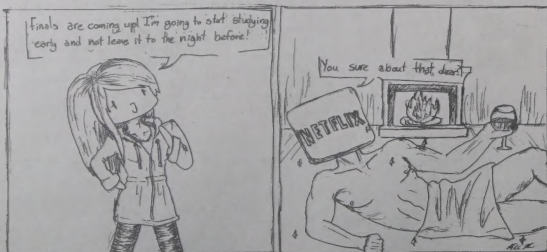
But my point is not that Canada is superior - my point is that we live in a culture of consumerism that values money and stuff more than anything else. I'm sure you've heard some sort of nauseating facts about the consumerism that runs rampant in the world today: the annual expenditure on makeup world wide is \$18 billion, \$15 billion is spent on perfume, \$14 billion on ocean cruises, and in 2012, \$446 billion

were spent on advertising worldwide... And you better believe that the United States and Canada were at the top of the contributors to all of those stats (worldwatch.org). Again, I am not saying we to stop spending money, but perhaps this we need to reassess our spending habits a bit, and check what we are celebrating this Friday.

Honestly, Camrose has about the cutest Black Friday event I've ever seen: Historic Main Street is open until midnight, there are lights, there are carolers, there are sleigh rides, there's free hot chocolate and apple cider at most of the stores, and yes, even some good deals. You should check it out - but perhaps focusing on the community we live in is a better alternative. Sure, grab your friends and family presents. But remember why you're doing it too.

Or, feel free to be a bit radical instead. A day in response to Black Friday is Buy Nothing Day, when, you guessed it, you buy nothing and enjoy what you already have, and don't purchase anything. Of course, Buy Nothing Day is also this Friday. While there are criticisms of the day as a protest to consumer culture, it's food for thought, and a good exercise to do any day of the year, really. Check out adusters.org/campaigns/bnd if you want to learn more.

Netflix -By Mikaila Perrino



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Wellness Week
Cameron Raynor

Recruiters in Classes, Caf
openclipart.org

Sessional Instructors Increasingly Popular

By KAITLYN BAIER

Augustana employs one sessional lecturer for almost every professor. The University of Alberta as a whole employs one sessional lecturer for about every eleven professors. If you're like me, you probably find these numbers a little surprising, and you may find yourself wondering: Why is this happening? What's the difference between a sessional and a professor anyway? How does having so many sessionals (or so few professors) impact the quality of the education Augustana can offer students? What is life like for a sessional lecturer?

A sessional lecturer is anyone employed by the university to teach based on a year or term contract that must be regularly renewed. They do not require a PhD to teach, they have no obligation to do research (in fact, it is exceptionally difficult for them

to receive university funding if they want to do research), and they are not required to sit on committees or attend department meetings. Professors, on the other hand, must have a PhD and some kind of experience in teaching and research. They must be involved in the department by attending meetings and participating in committees. A professor is hired as an assistant professor with a four-year contract. That contract can be renewed for another two years and in the last year the professor is either considered for tenure or asked to leave the university. Those who receive tenure become associate professors. Tenure, held by both associate and full professors, guarantees that the professor will have a position at the university until they retire and means they cannot be fired without due cause.

Whereas larger universities often employ graduate students to teach first-year courses (particularly labs), Augustana fills in the gaps that professors can't occupy with more highly qualified sessionals. Sessional lecturers are essential to the success of any university, and they are particularly important to Augustana. Sessionals allow the university to provide a wider variety of courses than could be offered without them, and they are part of the reason Augustana can maintain such a low student to instructor ratio. They give the university flexibility because they can be brought in to replace professors who have gone on sabbatical or taken a leave to focus on research. Augustana employs many exceptional sessionals who bring unique expertise to their courses.

Hiring sessionals provides wonderful opportunities to the sessionals themselves. Some can gain teaching experience before

getting their Ph.D., which will make them a better candidate for a faculty position later on in their careers. Many sessionals work other jobs and are happy to have the opportunity to teach simply because they love teaching. Sessionals can grow in their own work because they can learn with the students and incorporate new perspectives into their work. Sessionals are free to pursue their own work without worrying as much about the university since they are not required to attend meetings. However, working as a sessional has downsides as well: Sessionals are paid much less than professors, except in the case of full-time sessionals who are paid about as much as a starting professor; and even then they often teach more courses and are not able to receive yearly raises based on performance. This difference in pay means that they often have to work outside the university as well in order to make enough money to support themselves and their families. As a result, they are not able to commit as much time and effort to their teaching, which in some cases can be reflected in the student's learning.

Dean Berger views hiring more professors as one of the greatest priorities of Augustana. Unfortunately, budget cuts have meant that the university has had to cut five positions for this year. In its current state, Augustana simply cannot afford to hire more professors. To address this, the Dean is exploring alternative ways of bringing capital into the university. One idea under consideration would involve welcoming professors from Chinese universities to participate in professional development on campus during the summer. Some universities have already expressed an interest in this kind of relationship. The Dean is also working to convince the provincial government to fund Augustana's growing enrollment so that the university will be able to support the greater numbers of students coming in. Money gained through these efforts would be turned directly to hiring more faculty and advisors for students.

Though it is true that Augustana has a very high sessional to professor ratio compared to other faculties of the university, that does not mean that more courses are being taught by sessionals here than in other faculties. Augustana has no graduate students employed as lecturers, so the percentage of courses being taught by professors is still comparable to other faculties. Many of our sessionals are brilliant instructors that the students would not have the opportunity to learn from and build a relationship with were it not for Augustana's willingness to hire so many sessionals. Due to budget restrictions, Augustana must continue to employ large numbers of sessionals and relatively few faculty. However, work is in progress to expand the number of professors in response to growing enrollment to ensure the best possible Augustana advantage to all students.

"Sessionals are paid much less than professors, except in the case of full-time sessionals who are paid about as much as a starting professor; and even then they often teach more courses and are not able to receive yearly raises based on performance."

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Finding a Home Over the Holidays

CONTINUED FROM P1

who will be away for the break. This option would be optimal for some students, as they would then not feel obligated to fit a specific family's routine, and would be able to cook for themselves and relax. Any students who are interested in offering their apartments or welcoming students into their family homes in Camrose are asked to contact Angela Chytrack. Faculty and staff will also be asked if they are interested in hosting students over the holidays. The staff at Augustana wish to ensure that students who are not headed home have no financial burden of housing for Christmas. As such, all their options for housing with families or in empty apartments will be free of charge. Within the next few weeks, Augustana Faculty hopes to have all arrangements made for any students in need of a place to stay.

Creative Volunteer Opportunity

By LUKE RYAN

This Dec. 3 - 7 is the Camrose Winter Fest! One of the many exciting events going on will be the live snow sculpting at the Camrose Recreation Centre. There will be two feature pieces created by a professional snow sculptor, and four smaller pieces to be created by volunteers (you) and the community. Volunteer created pieces will be judged and voted on by people attending the events, and the creators of the winning piece will be given the opportunity of doing a sculpture at Ice on Whyte in Edmonton!

Volunteer options include: Adding professional sculptor in creating feature pieces, creating your own sculpture! (must be two per piece), and Adding in general duties around the event.

Contact Janelle King (jck@ualberta.ca) or Alex Rumak (rumak@ualberta.ca) for details.

SNAPSHOTS OF AUGUSTANA



On Nov. 15, Improv Performances, Karaoke, and Drag performances came to the Rusty Spur when it hosted Augustana Queers and Allies event, Karaokequeens.

Ari Evans (left) & Nathan Phumite (right) reprise iconic characters in the Drama 444 adaptation of Oscar Wilde's book, The Picture of Dorian Grey.

Photo: AMY ANDREFF

Photo: ERIC STEELE

Swindling on Preview Day

Recruiters for College Pro come into classrooms and caf

By IAN ANDERSON

Preview Day brings potential students, long caf lines, and now, business opportunities. Last Friday recruiters for Student Works invaded numerous classes and the cafeteria, which is a painting company that franchises to university students.

Now if you were like me and just wanted to enjoy your Dave's wild burger, you probably didn't appreciate being interrupted by a sales pitch. Well, since today isn't burgers, let me summarize Student Works for you with their sales pitch!

"Ahem" "Student Works is in the business of creating leaders by recruiting, training and coaching the best students across Canada. Since 1981, we have created many successful Canadian business leaders while pleasing thousands of homeowners and providing summer employment for students."

That sounds lovely, doesn't it? I did a bit of digging, and I found that not everyone is singing praise. First off the base employees, painters, are paid by the job and not hourly, therefore wages can fluctuate based on what the job was quoted for. But the manager undervalues a job, then the time vs. money proportion drops. Most of the online reviews by employees state this as their main reason for quitting, since wages could drop below fast food equivalents.

Another large area of contention was the amount of training provided by corporate. A number of managers, which is the role students normally apply for, state that the training didn't adequately prepare them to quote properly or even how to paint prop-

erly! Keep in mind that everyone learns at a different pace, but you would think a painting company would ensure their employees could quote the work and paint.

Add onto this the company's 30% royalty on gross income plus other costs, and it seems like a bad deal. Is it though?

I would say that unless you possess painting skills before embarking on this "business opportunity", steer clear as the learning curve will be steep.

Now that you know what Student Works is, let's talk about how they approached the campus. The student I talked to complained that at the start of multiple classes they were told what a great business opportunity this was, or how much money they could make. Instead, it should have begun with "who would like to paint and work for themselves?" Starting off with buzz words sets the tone for the entire presentation to sound like a sales pitch, which is possibly why Augusta-

Viking Voices:

What advice would you give other students as they study for exams?

"If you're really worried, figure out who you're worried you'll disappoint."
-Alliah Krahn

"Take some time to meditate or what works for you."
-Alix Jorgensen

"Time your studying and take time to relax."
-Andres Cardona

"Get lots of sleep."
-James Hudak

"Studying will make you a lot less stressed."
-Erin Davidson

"Take it easy, don't stress, eat lots, drink lots of water, and take time to breath."
-Paurav Dumas

class is getting annoying. Don't fall for the scam, it is all a pyramid scheme!!!!!!

Let's make this clear right now; it is not a pyramid scheme. If it were there

plus years. Is it a scam? Again, I don't think it would qualify as a scam. A misleading sales pitch? Probably, but not a scam.

Moving back to the man in the caf, he not only used the mic to advertise to the cafeteria, but proceeded to ask tables if they were interested. Thankfully, some of the Augustana staff worked on shoeing the recruiters off campus as they didn't have consent to be there, or at least in the cafeteria.

I don't have a point in this article besides airing how annoying it was, and I suppose I should do a PSA... If you did sign up to receive more information about Student Works, please tread carefully as it might not be what was advertised, and always read the fine print.

"the entire presentation to sound[ed] like a sales pitch, which is possibly why Augustana Confessions poster #1418 stated, "This 'Student Works' thing at the start of every class is getting annoying. Don't fall for the scam, it is all a pyramid scheme!!!!!!!"

na Confessions poster #1418 stated, "This 'Student Works' thing at the start of every would be little to no delivery of service, and it wouldn't have been able to last 20

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SPORTS



A Concordia player prepares to hit the ball in the Vikings volleyball game Nov. 22. The Vikings women won 3-1.



Vikings score against the Keyano Huskies! The two teams remained even at 2-2 in OT to end the game Nov. 21.



The Vikings men serve in their game against Concordia Nov. 22. The men's team won in 3 straight sets.

Home Games

- November 28 -

Basketball

Vikings vs. NAIT
Women: 6:00 p.m.
Men: 8:00 p.m.
Augustana Gym

- November 29 -

Volleyball

Vikings vs. King's College
Women: 6:00 p.m.
Men: 8:00 p.m.
Augustana Gym

- November 15 -

Volleyball

Vikings vs. King's College
Women: 6:00 p.m.
Men: 8:00 p.m.
Augustana Gym

- January 9 -

Hockey

Vikings vs. Grant MacEwan
7:30 p.m.
Encana Arena



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Annual Staff vs. Student Floor Hockey Game Returns

By CAMERON RAYNOR

On Dec. 2 at 7 p.m., the 3rd annual
Augustana Staff vs. Student Floor Hockey
Game is set to take place in the Augustana
Gym. The popular event pits a team of stu-
dents against a team of all faculty and staff
members. Students can come out and watch

The event is a fundraiser for Camrose
Kids Sport, an organization that aims to
remove the financial burden of organized
sports so that more kids can participate in
them. In past years, the event has raised
over \$3000 dollars for charity, and this year
the organizers hope to raise over \$4000.

On game day, students and staff can
use the hashtags #Augusta or #Augusta-
to answer the question 'who do you
think will win?' For every mention on
Facebook, Twitter, and Instagram, \$1
will be donated to Camrose Kids Sport.

The event is being organized by 6
students in Management 200 for their
CSL component, and is led by Joel Dany-
luk who is taking CSL 360. Danyluk sees
this new model of organizing the event to
have been a huge success and hopes the
event will continue to be run as a CSL
project in future years. With a little luck,
the staff-student face-off will continue to
be a campus tradition for years to come.

"use the hashtags
#Augusta or
#Augusta-
to answer
the question 'who do
you think will win?' For
every mention ... \$1 will
be donated to Camrose
Kids Sport"

for free or join the action for \$20 dollars.
The Jam Club will be providing live music
throughout the event and alcohol will be
served on the stage. This is also a post-
game reception planned from 8 - 9 p.m.

Surviving Finals 101

By HOLLY YURKOSKI

Ah, smell that stress in the air. It
must be the end of November. And with
final projects, horribly long essays and
those last minute midterms behind us,
it looks like we're entering final season.

Final season, as you know, is the
dreadful time before we students are let
loose to the horrors of winter and Christmas
shopping. It is also one of the most stressful
times during the school year, as we don't re-
ally get a chance to refill the brain tank after
all of our projects. Therefore, I am here to
bestow upon you some wisdom about how
to help handle the final exam situation.

First and foremost, November 26 is
withdrawal day; so if you're reading the
paper on the day it came out (which you
should), you still have some time to drop
a stress bundle. If you are not on the right
path to passing a class, do not hesitate to
withdraw from it. A "W" looks so much bet-
ter than an "F". I mean "W" could stand for
wonderful, or wowzers, or any other awe-
some sounding "W" word. It most certainly
does not stand for weak, but more likely for
"Wow! I realize that this class just isn't for
me." Even if you do not withdraw this year,
due to time constraints or not needing to,
always keep in mind that it is an option. A
last resort one, but an option nonetheless.
If it keeps your mind happily dumping a
class, then do so. No one wants a stressed
student sweating up the gym on finals day.

Once you've got your classes in order,

look at planning some study times. Be strict
with yourself, but also loose. Set times you
know you can study, and better yet, plan
with friends. The moment you have one
person committed to an insane midnight
cram session, the more likely you're actu-
ally going to do it and succeed in it (not
remembered the night before the exam).

Then there is food. Eat good food that
is both healthy and satisfies the "Oh god
yes, please let me eat that" requirement.
Treat your pallet with some tasty snacks,
but be wary of coffee and candy. Get more
muffins instead of doughnuts, and maybe
grab some more water instead of Tim's.

And finally sleep. Ah yes, that wonder-
ful mistress that eludes us all this time of year.
You see, instead of staying up all night and
attempting to retain your hardcore knowl-
edge, it's actually better to sleep on it. Study
well and then sleep, and you'll be surprised
at how much your mind retains. It'll also be
a lot sharper, letting you actually do word
problems rather than just throwing every-
thing into the formula and praying to the
calculator god to spit out the right answer.

Times are stressful, and you need to
do what is best for you. Don't change up
your pattern now, your body will freak out
at you. But do try to keep calm and just
breathe, okay? Exams suck, and if I was in
charge, y'all would get A+'s because you're
all awesome and then some. Now go out
and show those scantrons whose boss!

Students Support Animal Protection Society with Concert

By KATELYN GAEI

On Sunday, Nov. 30, at 7:30
p.m., the Battle River Animal Protection
Society will be having their third annual
fundraising concert at the Windsor.
100% of the proceeds go towards sup-
porting the animals the society protects.

Fifth-year student Carley Horkoff,
who has been volunteering with the soci-
ety since 2012, is organizing the concert.
All performers are Augustana students,
alumni, or faculty, and the concert boasts
an list of acts: Kirk Laird and David Ritz
(alumni), Ian Geoffrey Skinner, Danielle
Chambers and Malin Nyhus, Janel Pre-
stage, Jessica Dostie, Tarisa Mbudzi (co-
median), Amy Audeff, Shea Jose, Michelle
Schmidt, Amanda Stonehouse, Lindsay
Grimby, Dillon Lehman and Carolyn
Howe will all be performing. On top of
the performances, there will be a 50/50
draw as well as a silent and live auction.

Horkoff mentioned that the past
two years have sold out at Scallies, and
this year, her hope is to pack the Windsor.
While the cause has always been an im-
portant one, this year the need is higher
than ever. The Battle River Animal Protec-
tion Society receives no help from the city
of Camrose, and there are more animals
than ever, with less money than ever. There
is neither financial support nor willingness
to help provide or start a shelter, meaning
that every rescue the society does relies on
volunteers and foster homes. Again, due
to the lack of support from the city, there
is no SPCA (Society for the Prevention of
Cruelty to Animals), despite a number of
surrounding communities that are smaller
than Camrose having an SPCA. For ex-
ample, Hannah, with a population of only
4000 compared to the Camrose population
of 17,500, has a shelter. Despite multiple

attempts to talk to the city about it, they
continually receive the response that this
is not an issue in Camrose. The society cur-
rently has 20-30 dogs in its care, and is
forced to send dogs outside of the com-
munity due to lack of space and resources.

The agency is currently facing
the possibility of bankruptcy, and just
took in five new rescues. They have a
debt of over \$800 to the Camrose veteri-
nary hospital, and only \$100 in the bank.
That is why Horkoff chose to title this

"The agency is currently
facing the possibility
of bankruptcy, and just
took in five new rescues."

event "Fixed: Survival Mode." This real-
ly is survival mode for the organization.

If you are interested, there are
plenty of ways to help out. Firstly, owner
responsibility is a huge element of prevent-
ing more animal abandonment. Getting
your pets spayed or neutered does a world
of good, and spreading that knowledge
would undoubtedly reduce the number of
abandoned animals in Camrose. Second-
ly, the society is always looking for volun-
teers, ideas for funding, and foster homes.
Of course, if you're looking for a smaller
commitment, or are just looking for a great
night, make sure you attend the concert.
According to Horkoff, the biggest thing
students can do is spread the word about
the concert and financial needs of the or-
ganization. Tickets are \$10 at the door, and
100% of the proceeds go to the cause. Grab
some friends and come enjoy the night!

UPCOMING EVENTS

Vikings Games

Check out the sports sections for a complete list of upcoming Vikings home games!



Page 5.

Wednesday, November 26th

Last Day to withdraw from classes
MunchMUSIC Noon-hour recital
Augustana Chapel
12:00 p.m.
Free admission.

Vikings Hockey Alumni Weekend

Recreation Centre
10:30 a.m. registration
11:30 a.m. to watch the Alumni game

Tuesday, November 27th

Off Campus Students

Spaghetti Supper

Forum Basement
8:00 p.m.
Tickets available from ASA

The Beaver, The Bug, and the Bulldozer

With Associate Professor Glynnis Hood and David Doc Larson
Augustana Bookstore
7:00 p.m.
The impact of beavers and bugs on our environment

Netflix November

with the Norwegian Club
C101
7:00 p.m.

Hell Week 101

How to survive this week.
H070
7:00 p.m.

Friday, November 28th

"One Night in Africa": Fundraiser for Ebola

Forum building, Augustana
6:00 p.m. to 8:00 p.m.
Tickets: \$25.00
Dinner Fundraiser for Ebola Victims in support of Doctors without Borders

Prostitution in Canada Conversation

Conversations in the Agora with Kate Quinn
The Rotting Centre
12:00 p.m. - 2:00 p.m.

Saturday, November 29th

Celebrate the Mystery: Augustana Choir Concert

Augustana Chapel
8:00 p.m.
Tickets (at door only): \$18.00/adults, \$14.00/students and seniors, \$45.00/family

Sunday, November 30th

Celebrate the Mystery: Augustana Choir Concert

Augustana Chapel
3:00 p.m.
Tickets (at door only): \$18.00/adults, \$14.00/students and seniors, \$45.00/family

Fixed: Survival Mode Concert
Concert for the Battle River Animal Protection Society
Windsor Hotel

7:30 p.m.

Tickets: \$10 at the door
All proceeds go to the protecting and providing for animals in need.

Monday, December 1st

Student Academic Conference

Celebrating Student Undergraduate Research
Augustana Campus
6:00 p.m. - 9:00 p.m.

Wild Drunken Orgy

Drama Final Projects
Augustana Theatre Building
7:00 p.m.
Free Admission

Tuesday, December 2nd

Staff vs. Student Benefit Hockey Game

Augustana Gym
7:00 p.m.

Wednesday, December 3rd

Customer Appreciation Sale
Augustana Bookstore
Runs until December 5th.

Saturday, December 6th

Lisa Leblanc

The Alice Hotel
8:00 p.m.
Tickets: \$10.00/students, \$20.00/general admission.
Available at Candler Art Gallery or at the door.

Monday, January 5th

Winter Semester begins

Ongoing Events

Soup Supper

Faith and Life Centre

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Augustana's Student Newspaper - Since 1985

Every Tuesday at 5:30 p.m.

American Sign Language Introductory Level Course with ASL Instructor Shauna Durston

Classes will be held Wednesdays from 6:30 p.m. - 9:30 p.m.
\$150.00 course fee
Register at Faith & Life 2-336 before December 5th

ASA Meetings

ASA Boardroom
Every Wednesday at 5:30 p.m.

Campus Rec

Augustana Gym
Every weeknight from 9:30 p.m. - 11:00 p.m.
For more information see @AU/Grec on Facebook, Twitter, and Instagram

DISTRACTIONS

Crossword: Final Exams

Across

- Also known as term papers or dream crushers.
- The last day of classes at Augustana.
- What Augustana brings in to soothe your stress.
- How most people feel this month.
- Where you can go become more literate.
- What half the university population wears for the finals season.

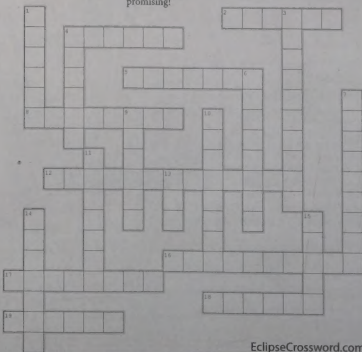
- What you spend all your time doing.
- The elixir of life during finals.
- Sometimes this is as simple as finishing.

Down

- You're hoping to get a good one after studying.
- When you go without sleep.
- School will allegedly improve this.
- Next one looks so promising!

- The first defense against plagiarism.
- This aspect of your life has currently died.
- Tells you which days you have to write.

- Base camp for the next three weeks.
- Where most exams are written.
- Form of exam that uses more paper.
- Many will do this with food as they study.



Sudoku

		6	2	9				
	3	1			6			8
5	2					7		4
				7		6		
2			5		9			3
	9		1			8	2	7
	4						8	
8	6		9			5		2
		3						

www.sudoku-puzzles.net

Last Issue's Crossword Solutions

Across: 1. Darwin, 6. Redux, 9. Agonist, 10. Newton, 14. Gamma, 15. Botany, 17. Dissection, 18. Atom, 19. Hypodermis
Down: 1. Doctor, 2. Enigmas, 3. Herbiology, 4. Organic, 5. Vector, 7. Psychology, 8. Report, 11. Empirical, 12. Lab, 13. Biosphere, 16. Anatomy

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Shopping Guide: Winter in Camrose

By JOEY DALKE

The winter season has been dumped on us just like the heaps of snow that are soon to follow. How will you react to the seemingly endless days and months in the cold, withering wasteland we call home? Will you come out on the other side having seen the sunlight? Or will you remain in your dorm room for all hours of the day, eyes on your books, meaninglessly filling your brain with facts and figures, equations and concepts? That sounded super depressing... Winter is FREAKING AWESOME, however you get out of it what you put into it. That being said, may I provide a general guideline for the types of things you may want to obtain to fully enjoy the potentially amazing winter season. (It's all up to you!)

Clothing:

Clothing is pretty simple. There's just two things to think about: functionality and style. Decide what you are

"Wool socks will change your life."

going for, and then use the following suggestions to get everything you need.

Base Layer: I suggest having a wicking layer against your skin—merino wool is awesome—or you're gonna have a wet and cold experience.

Layers: They don't just look good, they serve a purpose, keeping you roasty toasty. Layering is up to you, but don't be afraid to be creative. Sweaters, flannels, hoodies, vests, tweed jackets, it's all good.

Warm Socks: Wool socks will change your life.

The Winter Jacket: This is what keeps you alive as you walk to and from class (besides your beating heart), so it's important to find a good winter jacket. Look around before buying. SportChek, Mark's Work Warehouse, Canadian Tire, and Dugan Mall are some great places to start.

Winter Essentials:

Travel Mug: To put hot beverages inside (chai tea latte—save \$100)

Togues: You can never have too many. Check out local thrift shops for the best deals.

Plaid: Can't go wrong. Shop anywhere, you'll find some plaid.

Scarves: Fashionable and so so warm, check out main street.

Boots: Good grip, warmth, and comfort. Peavey Mart is the place to look if you're getting serious.

Winter Toys (that university students can afford):

Sleds (not the ones that go braap braap): Jubilee Sled (5min walk from dorms) has a public sledding hill, so go pick up a sled (\$20-\$30) from Canadian Tire or SportChek, and head out with friends for a great time.

Downhill Ski/Snowboards: For all things downhill, visit SportChek and ask for assistance from their friendly staff. Gwynne Ski Hill is only 45 minutes away and a great hill for learning, with lessons and rentals available.

Cross Country Skiing: Take the cross country skiing PAC this winter term and find out if this sport is for you. Camrose has some of the best ski trails in all of Alberta, and they are just two minutes from 1st year dorms. Support local businesses for all cross country skiing related purchases at Green Gear on Main Street.

That covers it folks... Well, the important stuff anyway. Winter has a ton to offer, you just have to keep your eyes open. Keep up with the Outdoor Club for exciting events throughout the year, and if you're a downhill planker, be sure to check out the Ski & Snowboard Club trip to Revelstoke January 9-11. Contact me at joeyd@ualberta.ca for any questions/thoughts/concerns regarding the beautiful winter months. Have fun out there, and don't be afraid to try something new!

Wellness Week is Here

By ALLISON IKENOUYE

Wellness Week is a weeklong event at Augustana centered on reviving the sacred aspects of both our physical and mental health. It runs from November 23-27. Augustana Student's Association understands that entering university can cause many students to slip into an unhealthy lifestyle and acquire unhealthy habits. Wellness Week aims to reverse this vicious cycle and give students reprieve from their perpetually stressful schedule and chaotic lives.

Bhavin Patel, VP Communications of Augustana's Student Association, has been a leader in the planning of Wellness Week. He focuses on responsibilities such as bringing in new activities, and maintaining activities that have been popular among students in past years. Patel will also be heavily involved in the execution phase of Wellness Week by spreading awareness around campus and ensuring that each activity is a success. The schedule is as follows:

Massage Monday: Start your week off on a tranquil note and allow yourself to be deeply relaxed by a free massage.

Treat Yourself Tuesday: Give yourself the time to indulge in nutritious snacks and be pampered by a complimentary nail station.

Climbing Wall Wednesday: Boost your spirits by coming out for free Boosters Juice in the morning, and then hit the

Climbing Wall and the gym for some endorphin releasing physical activity.

10 a.m.: Fruits

10 a.m. - 12 p.m.: Booster Juice

Chapel Break and Lunch: Texting and Driving Campaign

7 p.m. - 10 p.m.: Climbing Wall

9:30 p.m. - 11 p.m.: Yoga (Gym)

Tai-Chi Thursday: Ground yourself in some new age practices such as Acupuncture and Tai Chi.

10 a.m.: Granola bars

1 p.m. - 4 p.m.: Acupuncturist (Forum)

2 p.m. - 4 p.m.: BRAPS Pet Therapy

5 p.m.: Off-Campus Supper (Base-ment of the Forum)

7 p.m.: Smash Bro Competition (C167)

7 p.m. - 10 p.m.: Climbing Wall

8 p.m.: Tai Chi (Carolyn Howe)

9:30 p.m.: Basketball (Gym)

Fruitful Friday: End your enriching week of Wellness by making a stress ball to take home as a reminder to continually implement healthy practices into your life as a university student.

10 a.m.: Fruits

Chapel Break and Lunch: make your own stress ball (Forum)

6 p.m.: One Night in Africa (Charity Event hosted by After Youth Club)

8 p.m. - 9 p.m.: Yoga (Gym)

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Dec 5, Dec 12, Dec 19, Dec 26

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